

**AUTUMN 2018 QUARTERLY NEWSLETTER**  
Phone (09) 489 4975 | [www.ageconcern.org.nz](http://www.ageconcern.org.nz)



# Age Concern North Shore

*Serving the needs of older people*

## AGE MATTERS



For advertising phone Monique (07) 577 9092 or email [monique@pukekoprint.co.nz](mailto:monique@pukekoprint.co.nz)

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## A word from the Executive Officers Desk...



The very best wishes for 2018, may you enjoy happiness and good health the whole year through. Hopefully you have been enjoying the amazing summer, I know that I have enjoyed the chance to spend time with my grandchildren enjoying the local parks and beaches.

2017 ended as always in a flurry of activity and I take this opportunity to thank the staff of both Age Concern North Shore and the North Shore Charitable Trust for the extra effort they made to ensure that all activities were successful.

Our volunteers High Tea was held for the second time and I sincerely hope the volunteers enjoyed it as much as we did. Congratulations to those volunteers who received a certificate for 5, 10 or 15 years of service. Thank you to Harcourts Cooper and Co who donated the use of their vintage china and some lovely spot prizes. I also extend a special thank you to volunteers, Andrea Marshdale, her daughter Kerry, Joan McMahon and Su Peace for their hard work and support, both on the day and in the planning leading up to the event.

We delivered 50 hampers or gifts to older people on the North Shore as part of our annual Sponsor a Senior appeal. The response from the recipients has been most gratifying and those who received a hamper were truly delighted. Thank you to all those

## Contact Information

**Phone:** (09) 489 4975  
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**Address:** 177B Shakespeare Road, Milford, Auckland 0620  
**OFFICE HOURS**  
 9.00am - 4.00pm Monday to Friday



who's donations make this appeal possible.

In December, Age Concern North Shore joined with Age Concern Auckland and Age Concern Counties Manukau for an Auckland Racing Club Fundraiser. A great day was had by all that attended. Thank you to those who supported us by purchasing raffles; tables or donating gifts for auction.

At the last Annual General Meeting it was reluctantly decided that we would need to slightly increase the membership donation from \$18.00 a year to \$20.00. This will go some way to covering the increased cost

**Disclaimer:** The views expressed in this newsletter are not necessarily those of Age Concern North Shore. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

## Social Interaction can keep you healthy!

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialise as you did when you were younger. Recent research from the American Time Use Survey, an annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities you enjoy, such as playing cards or a book club
- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy aging. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active, and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

## Driving Miss Daisy your companion and your driver!



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of postage etc. We have always tried very hard to keep our membership fees affordable and hope that you are understanding of this small increase. This will apply from 1 April 2018 for the ensuing financial year.

In the last Age Matters we included a membership survey and envelope so that you would have a chance to let us know how you think we are doing. Thank you to all those members who have returned their survey. If you still have it, but haven't had the opportunity to pop it into the post, it's not too late, we would still be pleased to have it back.

Of the surveys we have had returned 64% expressed that they were very satisfied with their interaction with Age Concern and a further 29% were satisfied.

We asked members to let us know how concerned they were about a variety of issues.

Health was overwhelmingly the issue that most were concerned about or very concerned about (63%). Comments on health included "lobby for dental fees to be regarded as medical fees - heavily subsidised"

It is with sadness that I take this time to inform the membership of the death of Kevin Cooney in December. Kevin was our external auditor for over 20 years and we were very grateful for the time he took to audit the accounts for Age Concern and Club Gordon. His expertise and guidance will be sorely missed.

It is also with sorrow that we farewelled Life Member Muriel Clark, her obituary is included in this newsletter.

We send our condolences to the loved ones of these and other members who have passed on since our last newsletter.

On an uplifting note, we have an interesting programme of activities for the year for members and public alike to keep you ageing positively, informed and with opportunities to have your say. We have been contracted by Kaipatiki and Devonport-Takapuna Local Boards to complete an Age Friendly survey, so we will be asking as many of you as possible to let us know how your patch fares in this regard.

With Valentines Day and its memories just gone, we look forward to Easter and then Mothers Day. Ideal times to connect with loved ones. Don't wait for them - you can pick up the phone too! Share some chocolates and hot cross buns with grandchildren or even neighbours or the local crèche.

“**The journey of a thousand miles must begin with a single step**”

By Lao Tsu

*Janferie Bryce-Chapman*  
Executive Officer

## Missing things in conversation?

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Part of Life Unlimited Charitable Trust

## QUALITY PREMIUM PREPARED MEALS SOUPS AND DESSERTS

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NORTH SHORE BASED



# Ryman Peace of Mind

Not all retirement villages are the same...



### Deferred management fee is capped at 20%

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### Full continuum of care – keeping care at the heart of everything we do

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.

For more information about the Ryman difference or our brand new independent or serviced apartments please phone Leanne or Rosalind on 09 483 2226

2 Rangatira Road, Birkenhead



\*Terms and conditions apply

## Age Concern North Shore Staff Directory

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**EARS Co-ordinator**  
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**Health Promoter/Educator**  
Katie Rom 929 2312  
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**Club Gordon Co-ordinator**  
Lesley Alexander 489 4975 and leave a message

**Field Officer**  
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**Financial Administrator**  
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**Support and Development Co-ordinator**  
Diane Matheson 929 2306  
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**Administration Assistant (AVS)**  
Delia Middleton 929 2310  
email: [avsassist@acns.co.nz](mailto:avsassist@acns.co.nz)

**Chinese Interest Classes Co-ordinator**  
Renata Kang 489 4975 and leave a message

## Skills Bank



**Please remove**  
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**Some useful items available for a donation**  
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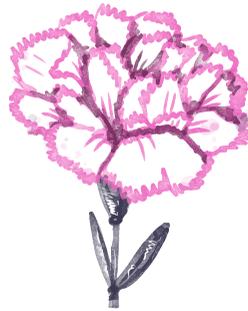
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## Muriel Clark

It is with sadness that we inform the membership of the recent death of one of our Life Members Muriel Clark.



Muriel was a member of the Age Concern North Shore Board from 1995-2006, holding the role of Minute Secretary for a number of years. After standing down as a Committee Member she remained active as a Life Member participating in planning and consultation sessions and submission work.

Muriel and her husband Ron immigrated to New Zealand at the end of the Second World War and they both served the local community. Muriel was



a member of Greenpeace; Forest and Bird; Peace Foundation; National Council of Women and an honoured member of Graduate Women New Zealand (previously known as The New Zealand Federation of Graduate Women).

As a member of the Takapuna Methodist Church she was very involved in their Current

Affairs Group and with the resettlement of refugees. She also became involved with Alzheimers North Shore group when she was caring for her husband, participating with him in research done by Waitemata DHB as well as attending ANCAD network meetings.

Muriel's enquiring spirit and determination to see action on behalf of the vulnerable in society will be remembered.

On behalf of Age Concern we wish to pass on our condolences to her family.



## Age Concern Charity Race Day

Organisers have hailed the Age Concern Charity Race Day, held at Ellerslie Racecourse, as a great success.

A crowd of 110 attended the event, which took place in Silks Restaurant on December 17. Despite the afternoon rain, guests enjoyed a day of delicious food and drink, raffles, great auction prizes and of course, all the thrill of the races. Experts showed the novices



to horse racing the ins and outs of picking horses and placing bets and the day provided a plethora of winners among the assembled guests.

Age Concern North Shore, Age Concern Counties Manukau, and Age Concern Auckland hosted this inaugural event. With many charitable organisations finding it increasingly difficult to raise much needed funds, the Auckland region Age Concerns made a bold decision to undertake this collaborative initiative, raising funds that will assist older people throughout the entire Auckland region.

General public attendance on the day, estimated at 2,500, helped raise awareness of the Age Concern's work and role in the community. Many people now know about Age Concern services such as the Visiting Service, the Elder Abuse Response Service, and the Positive Ageing Programme.

The day's success came about as a result of the generosity of volunteers, sponsors, and guests. The organisers thank everyone involved who gave their time and energy. We hope the Race Day can become a biennial event and the Age Concern North Shore Charitable Trust aims to build on the funds raised on the day. The Charitable Trust was set up to provide an independent source of funding to support; to sustain; and to grow the work of Age Concern North Shore and appreciates donations or support at any time.

If you would like more information on how to donate to the Charitable Trust, or to register your interest in the 2019 Race Day, please email the Trust Secretary [acnsctrust@gmail.com](mailto:acnsctrust@gmail.com)

## Providing care and delivering products to your home

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9B/89 Ellice Road, Wairau Valley, Auckland 0629

# Club Gordon

**Join Now  
for fun, laughter,  
companionship and  
entertainment**

Morning Tea and Light Lunch  
Transport Provided  
Wednesdays (during term time)

For more information contact:  
Age Concern North Shore  
Phone: 489 4975  
Email: ageconns@acns.co.nz




Club Gordon is an initiative of Age Concern North Shore

Thank you to Devonport/Takapuna for their support of Club Gordon

## 2018 Health Promotion Programme

The following Health Promotion activities are available **free of charge** to persons aged 65 years and over and living independently in the North Shore community.

To register your interest for any of these activities, please phone 489 4975 or email: [educator@acns.co.nz](mailto:educator@acns.co.nz) Registration is essential and places will be provided on a first-come, first-served basis. Dates and venues are still to be confirmed.

### Positive Steps – Falls Prevention Programme

The programme aims to help you maintain your health and wellbeing and help you retain your independence. A small group of participants will be guided through a 2½ hour session over four consecutive weeks, with morning tea included. The sessions are partly educational and partly gentle exercise designed specifically to improve leg strength and balance. Provisionally planned for September.

### Staying Safe Workshop

A 3 hour classroom-based refresher workshop for Senior drivers (with morning tea included). The workshop aims to fine tune your safe driving knowledge, increase your knowledge of road code changes and outline other transport options available to help Seniors remain mobile. The session is relaxed and informative and you will not be tested. Show this article at a workshop held before 30 June 2018 to redeem a \$10.00 Petrol Voucher.

### Sleeplessness & Stress Workshop

This 2½ hour workshop (with morning tea included), is designed to assist older people to understand more about fatigue caused by both a lack of good quality sleep and by stress. It will offer positive strategies and suggestions for improving hours of quality sleep and coping with stress.

### Technology For Seniors Event

An opportunity for older adults to get individual instruction with their own devices (e.g. cellphones or iPads) and also try-out other forms of modern technology (e.g. iPads, Facebook and Skype), with

assistance and guidance from Senior students from local High Schools. Likely to be held in June and August

### Talks/Presentations for Seniors Groups

Our Health Promoter, Katie Rom, is available to visit Senior's Groups with several talks/presentations which can be timed to suit your agenda. Free literature will be provided for members to take home. We don't charge a speaker's fee, but donations are always welcomed to help cover travel and costs of resources. The following talks are available:

- 1. Steady Steps** - simple tips to help try and prevent a slip, trip or fall occurring
- 2. Nutrition in a Nutshell** - an overview of the nutritional needs of Seniors to help you stay healthy and fight off illness and infection
- 3. All about Age Concern North Shore** - our role and services provided

To request a talk/presentation, please email Katie at: [educator@acns.co.nz](mailto:educator@acns.co.nz) or phone: DDI 929 2312, Monday – Thursday.

## Board of Age Concern North Shore

### Chairperson

**Mary Gray** - Ph: 521 3156 or 021 230 5405

### Vice Chair

**Rosemary Gray** -

Ph: 444 2315 | Email: [gray6bird@gmail.com](mailto:gray6bird@gmail.com)

### Treasurer

**Jennie Michel** -

Ph: 021 111 6383 | Email: [jenmichel72@gmail.com](mailto:jenmichel72@gmail.com)

### Secretary

**Anne Frankland**

### Board Members

**Alex Biland** - Email: [ar.biland@extra.co.nz](mailto:ar.biland@extra.co.nz)

**Wendy Overy** - Ph: 419 7212 or 027 609 5027

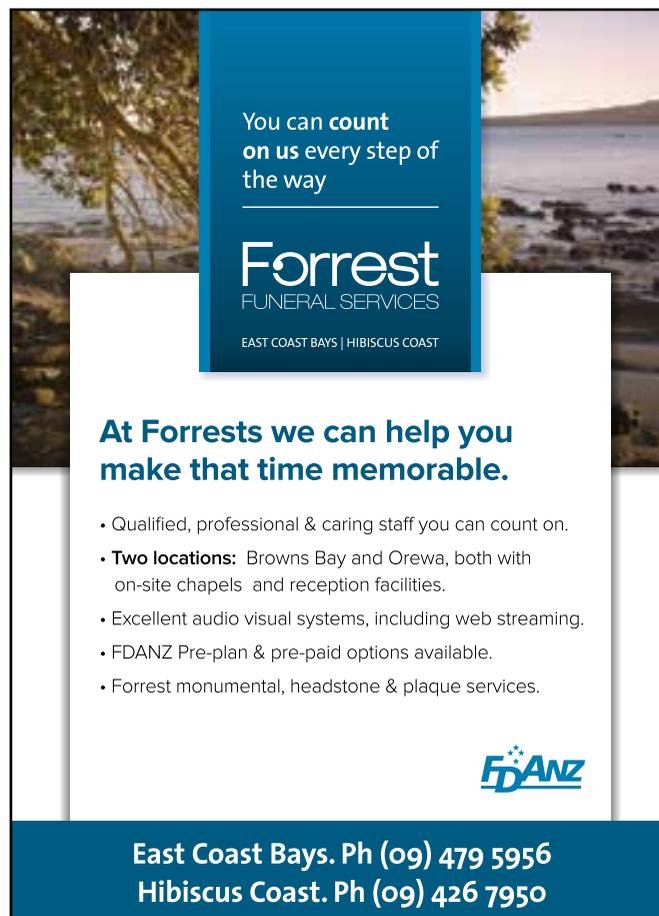
Email: [wendyovery@extra.co.nz](mailto:wendyovery@extra.co.nz)

**Camel Conaghan** - Ph: 021 834 015

Email: [cconaghan@rdns.org.nz](mailto:cconaghan@rdns.org.nz)

**Jennifer Moor** - Ph: 479 6177

Email: [j.moor@extra.co.nz](mailto:j.moor@extra.co.nz)



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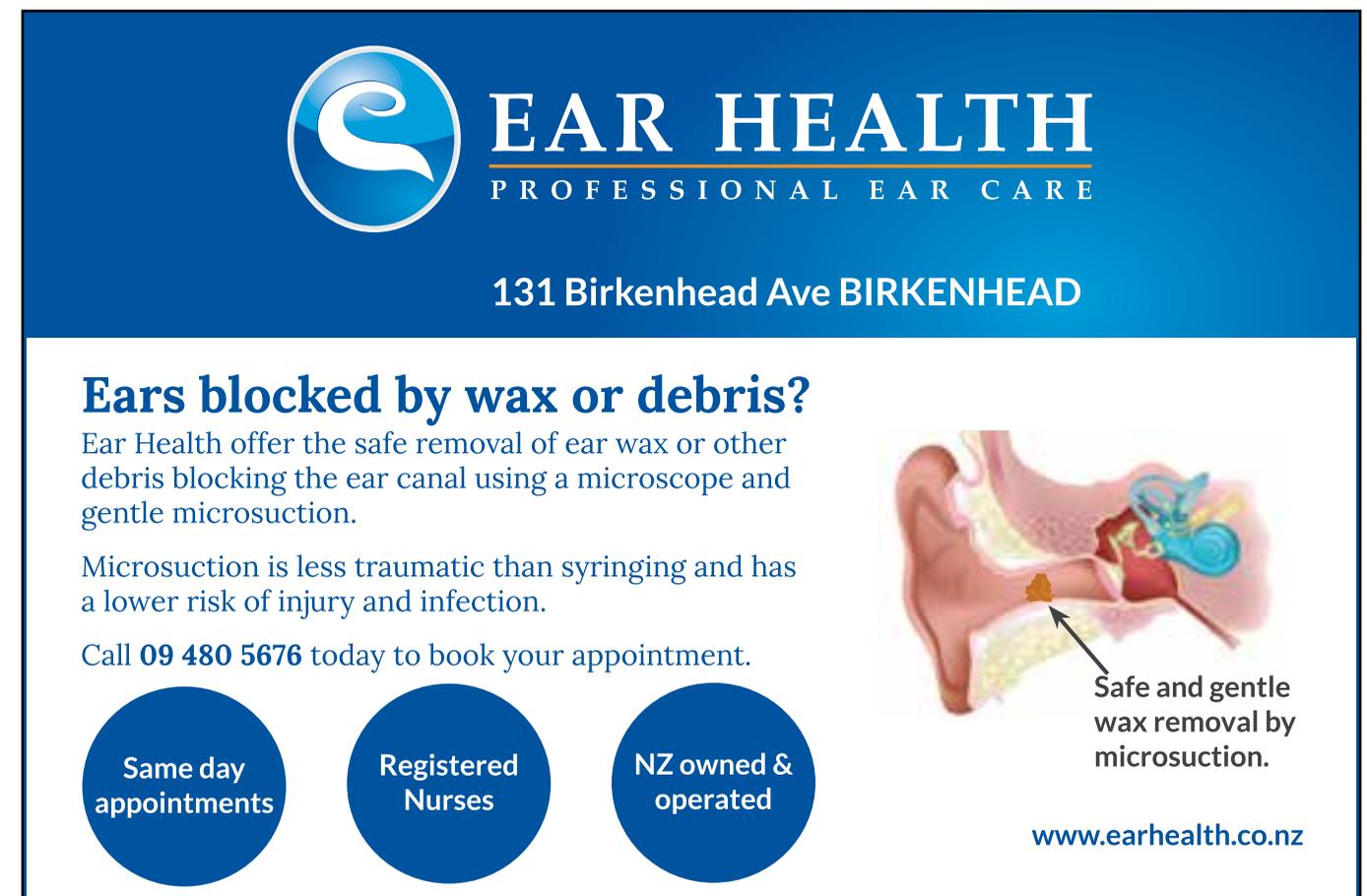
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# EAR HEALTH

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## Ears blocked by wax or debris?

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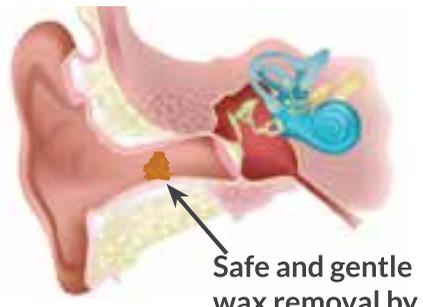
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## COMMUNITY NOTICE BOARD

### **Takapuna Methodist Church**

429 Lake Road, Takapuna

### **Michael Bell and Alison Dunlop – Organ and Oboe Musical Feast**

Sunday 11 March, 4.00pm

### **Martin Setchell, Christchurch City Organist and international Organ Recitalist**

Sunday 25 March, 4.00pm

### **Ongoing Wellbeing Support Group**

Hearts and Minds (formally Raeburn House)

Community Hub, 65 Pearn Crescent, Northcote.

2nd and 4th Tuesday of month, 6.30pm - 8.00pm

and/or every Thursday 10.30am - 12noon.

This group is about connection and friendship, with a view to building resilience.

Contact Julie phone: 441 8989 or 021 0807 3293 or email: julie@heartsandminds.org.nz

### **Dees Group**

Mairangi Bay and Takapuna.

Dementia Social Group for people with early to moderate dementia.

For more information please contact Margaret on 027 225 8893.

### **Grief Centre - Bereavement Support Group**

A general group for those who have experienced a bereavement sometime in the last few years. It is an opportunity to meet with others who may have been through similar experiences.

The Birkenhead group starts in May.

For more information contact the Grief Centre, office@griefcentre.org.nz or phone 418 1457.

### **Feisty Feet**

Wednesday 10.00am - 11.00am, Takapuna War Memorial Hall.

Dance classes for seniors – enjoy physical well-being and confidence and dance your way into the year with fun, social and safe classes.

No previous dance experience necessary. Sessions include a light warm up, creative activities and joyful movement sequences that build from week to week. For more information contact New Zealand Dance Company on 378 7361.

### **Morning Melodies**

Monday's, 11.00am-12noon

19 March - The Royal New Zealand Navy Band

9 April - The stars of Amici & AMT's Mamma Mia! in concert

7 May - Society Jazzmen

11 June - The Royal New Zealand Navy Band

9 July - National Youth Theatre Company Spotlight

6 August - Morning Melodies Songbook – you call the tune!

10 September - The Royal New Zealand Navy Band

15 October - The Band of the Royal Regiment of New Zealand Artillery

12 November - The Royal New Zealand Air Force Base Auckland Band

10 December - The Royal New Zealand Navy Band

### **21st Lakeside Multicultural Festival 2018 - Music and dances from around the WORLD**

PumpHouse, Killarney Park, Takapuna.

Sunday 18 March 1.00pm - 5.00pm.

Free family entertainment by many different ethnic groups who live in New Zealand.

### **Repair Café**

Saturday 21 April 10.00am - 1.00pm.

Mission Hall, Glenfield Community Centre, 411 Glenfield Road.

Bring your broken and damaged belongings and local experts will sit down with you and do their best to repair them.

### **Retirement Lifestyle and Travel Expo**

Ellerslie Event Centre, Remuera.

Saturday 14 & Sunday 15 April, 10.00am - 3.00pm.

This year they are offering tickets to attend FREE of charge to visitors who register via their website:

[www.retirementlifestyleexpo.co.nz](http://www.retirementlifestyleexpo.co.nz)

Click the "Register for your free ticket" and your entry ticket will be emailed to you.

Music Legends Gray Bartlett and Brendon Dugan will be performing at 12noon each day. The most successful DUO of all time in New Zealand Music, with the hits that all Kiwis remember.

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## DUMP - Dispose of Unwanted Medicines Properly

Return your unwanted medicines to your pharmacy for FREE.

### **Why your medicine cabinet can be a health hazard**

Many medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that green capsule for?

Old medicines lying around the home 'just in case' are dangerous:

- If taken when they have expired
- If taken but are not prescribed for you
- If in reach of children

The D.U.M.P. Project provides the safest and easiest way to dispose of unwanted and out-of-date medicines.

It makes possible the return of all household medicines to your pharmacy at any time – for free and safe collection and disposal.

### **Think before you throw**

Unwanted medicines that are dumped into the toilet, tipped down the sink or put out with the rubbish can seriously harm the environment.

We need to change our behaviors to solve this problem and give the environment a chance.



### **Don't flush medicines down the toilet.**

Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.



### **Don't pour medicines down the sink.**

Medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.



### **Don't throw medicines into the rubbish/recycling bin.**

Medicines disposed of this way end up in exposed landfill sites.

**D.U.M.P. provides the best alternative**

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.

- It is not safe to use your medicines to treat other symptoms
- Remember to tell your family, friends and relatives about the D.U.M.P. Project

**This is all we need to do... it really is easy**

- Step 1** Sort through your medicine cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about the D.U.M.P Project

**Useful Tips:**

- Only ask for the medicines you need when collecting your medicines from the pharmacy
- Tell your Doctor or Pharmacist if you are no longer taking a medicine
- Do not share your medicines with family or friends as this is unsafe and may not work in the same way



**Go to [www.facebook.com/ageconns/](http://www.facebook.com/ageconns/) to follow us on Facebook.**

**From the Field Officers Desk**

It has been a very busy few months with a steady stream of Total Mobility Assessments crossing my desk. Thank you to applicants for their patience in waiting for an assessment over the Christmas/New Year period. I am working steadily with you all to catch up.

At the end of last year I co-ordinated the Sponsor a Senior appeal and it is always gratifying to witness the generosity of those who donate. We received a considerable amount of the donated monies from our membership and I would like to take this opportunity to acknowledge them.

We continue to have the support of Milford Primary School and Torbay schools who donate goods as well as Christmas cards which are received with delight by the recipients.

I would also like to thank Castor Bay Tennis Club, NS Hospice Committee Old Girls and Community Fruit Harvesting for their donations. Community Fruit Harvesting collect surplus fruit from peoples gardens and then make jam or chutney which they give to charities such as Age Concern to distribute.

In total we delivered 50 gifts and hampers and Countdown grocery vouchers. It is a great pleasure to be involved in the delivery and have an opportunity to share in the pleasure and delight of those that receive them.



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*Many Thanks George Warman (Ranui West Auckland)*

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## Accredited Visiting Service Update

Happy New Year to all our valued Volunteers and we hope you all had a safe and restful Christmas.

2018 has started with a rush in the Visiting Service with plenty of new client referrals and also potential volunteers wanting to join this wonderful service by giving an hour a week to visit a lonely isolated older adult. We recently hosted two orientation sessions for 10 new volunteers - the next group orientation will be in April with a morning and an evening session offered. It is a chance to find out how the visiting service works and what you can do to contribute to this rewarding role. We are also keen to hear from you if you are feeling alone and socially isolated yourself, and if you may be interested in having a weekly friendship visit from one of our trained volunteers.

Here are some of the “happenings” within the AVS service.

### AVS CAFÉ GROUPS

These friendship groups, for those aged 65 or over, provide a central place to meet, share a cuppa, chat and develop new friendships. For further information please contact Kathryn.



The AVS Glenfield Café Group (pictured celebrating Christmas) had its first anniversary in February. This group is currently at full capacity, with twelve regular attendees enjoying their fortnightly coffee together, and has seen some wonderful friendships developing. There has been interest expressed in starting up a lunchtime group fortnightly on a Wednesday or Thursday, so talk to Kathryn if you or anyone you know would be interested in joining.

The AVS Takapuna Café Group has been running for almost a year and has space for new members. It meets fortnightly on a Thursday at 10.30am.

### HELPING PAW PET THERAPY

Patients at Eversleigh Rest Home in Belmont recently enjoyed a visit from Matt Wilkinson an Accredited Visitor, with his puppy Maxwell (a bichon cross toy poodle). Matt is acutely aware of the value of pets in aged care to help overcome loneliness, provide emotional support, assist with overcoming



Peter Read

depression, help with communication and providing motivation to get outdoors and go for a walk.

Matt has worked in animal management and goes to North Shore Dog Training Club once a week with Gypsy, his rescued staffie cross and Maxwell. Matt has an animal first aid certificate and his puppies are well trained. He also has access to a range of trained dogs to appeal to different people; e.g. “Dozer” a bulldog cross mastiff who is the most docile gentle giant of a dog you’ll ever meet.

If you would like Matt to visit your rest home and are happy to pay him a Koha to cover his travel costs, please contact Kathryn.

Matt and Roger Young



### HUMAN TALKING BOOK READING SERVICE

We have clients in several rest homes who are vision impaired and would like to be read to for approximately one hour per week. Delia, our Administrator and Accredited Visitor, reads to a client at Bert Sutcliffe, who although has access to a talking book machine, thoroughly enjoys having material read to her and then being able to discuss it afterwards. If you know someone who would benefit from being read to or if you would like to be a reader, please contact Kathryn.

Kathryn McMahon - Phone: 929 2307 or email: [visiting@acns.co.nz](mailto:visiting@acns.co.nz)

### 90th Birthday

Iris was presented with a 90th birthday cake surrounded by her family. Pictured with AVS Co-ordinator Kathryn McMahon.



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Please telephone or email Lois Black to arrange a no-obligation, free-of-charge 30 minute meeting.

## CMA Gibbs Farm Fundraiser

Friday 23 March, 10.00am - 2.00pm

Gibbs Farm is an open-air sculpture park located in Kaipara Harbour, 47km north of Auckland. It contains the largest collection of large-scale outdoor sculptures in New Zealand. It is the private art collection of New Zealand businessman Alan Gibbs. Gibbs has collected major artworks by many world-renowned artists from New Zealand and overseas. Much of the artwork is commissioned and as such, incorporates elements of the landscape into the artwork. The farm also includes several exotic animals such as emus and giraffes.

For more details see [www.gibbsfarm.org.nz](http://www.gibbsfarm.org.nz)

Please note that the farm is large and a reasonable amount of fitness is needed to complete the tour of all sculptures – the distance to walk is approximately 5km.

Tickets are allocated on request and are \$20.00 per adult, \$50.00 family (2 adults and 2 children), under 3s free.

Please email Leah if you require a ticket – [leah@cmans.org.nz](mailto:leah@cmans.org.nz) or phone 489 8954.

Payments need to be made to the following account. Please reference the payment with your name.  
North Shore Centres of Mutual Aid Inc  
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Many thanks for your support and look forward to seeing you on the day.



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This **FREE** classroom based refresher workshop will help you re-familiarise yourself with traffic rules and safe driving practices, as well as increase your knowledge about other transport options to help you remain independent for longer.

*No testing involved.*

Attend a workshop before the 30th June 2018 and receive a \$10.00 petrol voucher on presentation of this leaflet

To enrol to attend a workshop, please contact Age Concern North Shore:  
phone: 489 4975  
email: [ageconns@acns.co.nz](mailto:ageconns@acns.co.nz)



## Retirement living options can free up equity as well as providing affordable and comfortable living in a fully maintained home

Grant Haworth acquired in-depth knowledge of this working for a number of years as a Sales Consultant in the retirement sector.

His specialist experience and insight into the sometimes daunting process of downsizing and re-locating to a new style of living are proving invaluable to his Barfoot & Thompson clients.

Grant fully appreciates the magnitude of the decisions and the importance of making fully informed choices.

He knows the processes, can put you at ease and be your hands-on guide and confidant. You can trust Grant to support you in making the move into a new, active and enjoyable lifestyle as easy and rewarding as possible.

### What colleagues say about Grant:

“Grant has a wonderful manner with clients and was a highly valued member of every village he worked in. Grant gives 100% all the time.”

*Louisa Dalley, Regional Sales Manager, Stockland Retirement Living*

“Being a family owned business established in 1923, **Barfoot & Thompson** have had the pleasure of helping generations of people and families move home. Having Grant re-join our team with his unique skill set and an understanding of how to provide guidance to the maturing population is fantastic and something I am sure will be highly valued by many.”  
*Pete Taylor, Branch Manager, Barfoot & Thompson*

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## PLANNING A LIFESTYLE CHANGE?

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When you speak to Grant Haworth you can be confident he understands your situation and the choices you face.

A real estate professional since 2004, he also has specialised experience and in-depth knowledge gained from working within the retirement housing industry.

Grant will work with you every step of the way: he is there to make sure you choose the best options for you and your family.

Phone Grant Haworth today for a free and confidential consultation.



**Grant Haworth**  
M: 021 194 4095  
E: [g.haworth@barfoot.co.nz](mailto:g.haworth@barfoot.co.nz)  
[www.barfoot.co.nz](http://www.barfoot.co.nz)

## Chinese Interest Activities

### Arts & Craft Exhibition / End of Year Gathering

*"Is it a piece of Chinese brush painting?" "Hmm, looks like..." "I think it's cloth...?" "Really?" "But I don't see stitching lines..." "How they do it?" "Wow! Beautiful..."*

It was amazing to see such a delicate handicraft presentation during the Chinese Arts & Craft exhibition at the Chinese Interest Groups end of year gathering.

Fabric handicraft is a traditional Chinese cultural art and craft skill that has existed for hundreds of years. It involves a number of steps including: forming the skeletal, folding, arranging, cutting and pasting the fabric.

After 20 hours of lessons, and months of meticulous preparation, the Chinese Interest Arts & Craft Group led by Wei Dai, BóHuà Niú, proudly presented 20 pieces of their artwork.

The group wishes to promote this arts and craft skill with the hope of enriching positive ageing, and sharing the Chinese cultural arts experience in New Zealand.



Janferié with BóHuà Niú (on right) and members of the group.

### English Conversation Group needs more Volunteer English Tutors

The English Conversation Group provides a platform that encourages positive ageing through socialisation, and the gaining of English conversation skills. It meets every Wednesday, 10.00am - 11.45am during term time, at the Positive Ageing Centre, The Strand, Takapuna (upstairs, next to Takapuna Library).

More volunteer tutors are needed to support the ever increasing number of keen learners. The participants join at various levels of English abilities, from complete beginner to advanced speakers. They appreciate and enjoy the English conversation

lessons and friendships developed amongst the tutors and participants.

Worksheets are provided as guides for volunteer tutors, to assist groups of participants to learn from simple speaking activities. This is not a formal English class. Previous ESOL or similar teaching experience is useful but not necessary. Tutors can be native English speakers or bi-lingual. All you need is an interest in helping others and a friendly and relaxed attitude. If you think this might be for you, please contact Renata, phone: 022 694 2590, or email: rbckang@gmail.com. Alternatively, just turn up on Wednesday morning, ask for Renata or Daphne.

*"On behalf of the English Conversation Group, I'd like to say a very big thank you from the bottom of my heart, to all our dedicated English tutors. You've been very patient, encouraging, and enthusiastic in sharing your knowledge in teaching English.*

*We want to learn English so that we can better blend into the local community. We like to make friends with the Kiwis, and be able to talk to them, mutually exchanging cultural and living habits. We hope to be of service to give back to the community, doing what we can, within our abilities, in providing volunteer services too.*

*We need more volunteer English tutors to give us guidance and support, to improve our English listening and socialising skills. The ability to read, speak and write in English enable us to handle our*

*daily activities more confidently, for example, to better understand New Zealand's legal requirements, taking public transport, doing banking, seeking medical advice, or making enquires at the Work & Income office, etc.*

*We need more English tutors to help us improve our English speaking skills. Thank you!"*

Written by Sophia, a grateful student.

## Get up, get dressed, get moving! Waitemata District Health Board

Most older adults living at home take at least 900 steps per day. However, research shows that while in hospital most patients only walk around 250 steps per day.

Being less active may mean you have to stay in hospital longer and possibly need time in a rehabilitation ward.

Remaining active is as important for your recovery as your medical treatment.

By keeping active you will be ready to leave hospital sooner, and return to your usual activities at home.

### What is involved?

An early assessment of how you walk. This may include a nursing or physiotherapist assessment. Staff can help you to develop an activity plan



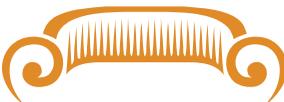
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\*IMS GP Omnibus survey, 2017



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including things you would normally do at home and support and encourage you to:

- Get up - less time on the bed. You will be supported to eat meals whilst sitting in a chair, either in your room or in the dining room
- Get dressed - you will be encouraged to get changed into comfortable day clothes
- Get moving - you will be encouraged to walk to the bathroom and regularly around the ward. Ring the bell if you need help

Each ward has a water cooler and facilities to make a hot drink. You will be encouraged to make your own drinks which will also help to keep up your fluid intake. Assistance will be provided if required.

**How can my whānau help?**

Please ask family/whānau to bring you named:

- loose fitting, comfortable clothes
- closed in footwear with a non-slip rubber sole
- any walking aids you use at home such as a walking stick or frame

During visiting hours we encourage you and your family to make the most of the patient lounge, public areas and gardens, spending part of the visit away

from the bedside. Please check with staff before leaving the ward.

Participating in the get up, get dressed, get moving programme is something families/whānau and friends can do to help you during your hospital stay.

**For older people, walking less in hospital leads to a reduced ability to do everyday tasks.**

Even a few days bed rest can cause a rapid decline in muscle strength and stamina; known as ‘deconditioning’ this may lead to an increased length of stay in hospital, and sometimes medical complications.

The get up, get dressed, get moving programme is designed to help us assess and support you to remain as active as possible during your hospital stay.

**For more information or feedback contact Waitemata DHB**

Email: [feedback@waitematadhb.govt.nz](mailto:feedback@waitematadhb.govt.nz)

**Patient enquiries/all departments:**

North Shore Hospital: (09) 486 8900

Freephone: 0800 80 93 42

(Waitemata DHB residential areas only)

## A very personal driving service for North Shore residents

Freedom Drivers service the whole of the North Shore with a dedicated team of friendly drivers and a fleet which includes two larger wheelchair accessible vehicles.

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“Travelling with Freedom is like travelling with trusted friends or family. You can enjoy building a relationship with one or two drivers who you will get to know and trust,” says Leanne.

Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras. Service is highly personalised to our client’s needs with a convenient pick up and drop off at your front door. We always personally escort our clients to the car and to their destination.

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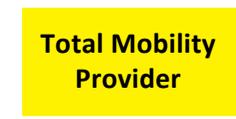
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(Please use your name as reference and ensure you return this form so that we can process your membership).

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